



Tomato Vegetable Balti

Ingredients:

3 TBL olive oil
1 large onion, chopped
4-8 cloves garlic, chopped
2 tsp of minced fresh ginger
3-5 TBL Monsoon Balti (to taste)
2 cups chopped veggies of choice (zucchini, eggplant, potatoes, carrots)
28 oz can of diced tomatoes or 4 cups chopped fresh tomatoes
½ tsp sugar (optional to balance acidity)
½-1 cup of water or stock (as needed)
1 bunch cilantro, chopped
Salt to taste

Spices Used: Monsoon Balti
3 (main) | 4 - 5 (side) Servings
Prep Time: 10 mins
Cook Time: 60 mins

Instructions:

- 1 - In a large cooking pot, sauté the onion in the olive oil until translucent (about 10 minutes).
- 2 - Add garlic and ginger. Sauté for 2 minutes.
- 3 - Add Monsoon Balti. sauté for 2 minutes.
- 4 - Toss in the vegetables, tomatoes and sugar with stock and salt to taste.
- 5 - Lower heat, cover and Simmer for approximately 40 minutes, or until it thickens. Adjust seasoning to taste.
- 6 - Before serving, add the chopped cilantro and serve.